



# NER Staff Meeting August Teleconference

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## Monthly Safety Briefing



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NER Director of Safety  
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*Performing Missions for America - Safely*



# Heat Hazards

Exposure to Heat Hazards = Risk

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- Induces sickness and may even be fatal
- Creates hazards in the workplace
  - Short-tempered, inattentive, dizzy, slow
- Sweat is a physiological response to heat
  - Sweaty hands can make for slippery grips
  - Sweat can run into eyes; obscure vision
- Exposure to excessive heat causes several problems



# Sources of Heat

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- Summer Weather
- Inside Aircraft Cockpit
- Inside Vehicle
- Hot Kitchens
- Foundries
- Gym or Sauna
- Burning Structures





# Complicating Factors

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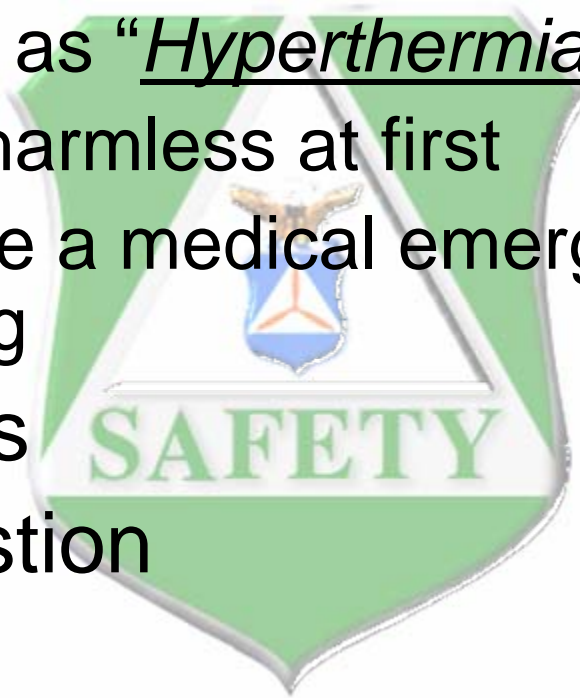
- Existing Health of the Member
  - Poor physical condition, heart disease
  - Diabetes, excess weight
- Environment
  - Vibration, Stress, Noise, No Ventilation
- Personal Protective Equipment
  - Heavy, Non-Breathing Material, Airtight



# Heat Stress Defined



- Escalating Symptoms
  - Also known as “Hyperthermia”
  - Can seem harmless at first
  - Can become a medical emergency with very little warning
- Heat Cramps
- Heat Exhaustion
- Heat Stroke





# Heat Cramps

- Initial Warning Sign that body has lost too much salt
- Cramping in muscles, usually extremities
  - Also cramping while at rest
  - Can include large muscle groups (Abdominal)
- Leads to more serious Heat Stress



# Heat Exhaustion

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- Escalation of heat injury
- Compromise of body's heat control mechanism
- More visible symptoms
  - Exhaustion
  - Dizziness and Nausea
  - Pale and clammy skin
  - Rapid pulse and low blood pressure
- Next step is Heat Stroke





# Heat Stroke

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- A true medical emergency – call 911!
- Body's heat loss mechanism shuts down
- Symptoms
  - Sweating stops, body core temp rises
  - Skin is hot and red
  - Heart pounds
- Can be fatal – and can escalate very quickly





# Prevention is Best Medicine

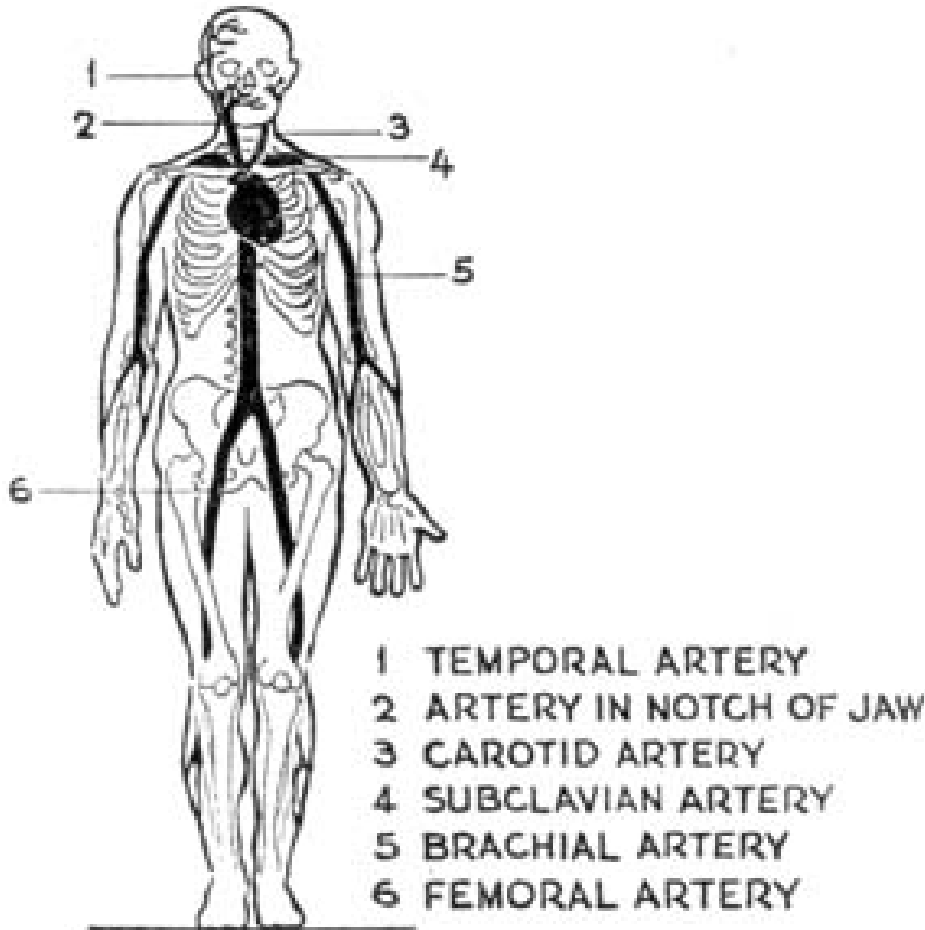
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- Acclimate gradually to hot environments
- Drink water often...if you feel thirsty then you are already behind the power curve
  - No beer or liquor
  - No caffeine
- Take frequent rest breaks...seek shade
- Replace salt gently...food and sports drinks
- Dress lightly...use hats, light-colored clothing, moisture wicking fibers, breathable fabrics



# Treatment



- Escalating treatments
- Move to shade or AC
- Fan the person
- Give water if awake
- Use cool water against the skin or scalp
- Place cool moist towels against pressure points
- Call 911 for suspected heat exhaustion or heat stroke

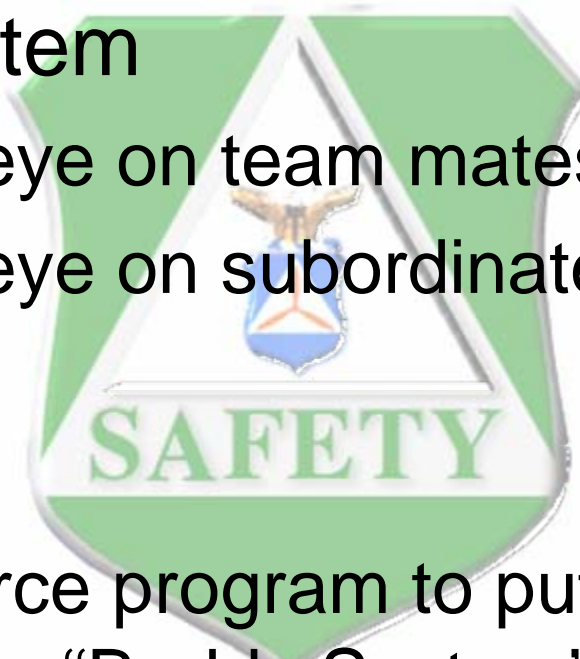


# Final Thoughts

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- Buddy System
  - Keep an eye on team mates
  - Keep an eye on subordinates, especially cadets!
- Wingman
  - An Air Force program to put an aerospace spin on the “Buddy System”





# Conclusion

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Questions?



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